

Struggling To Take Care of Your Feet?

Whether you suffer from ingrown nails, athlete's foot, corns, skin and nail fungus infections, or other common foot ailments... help is just a call away with Certified Podologist, Marion.

Toes On The Go Footcare

Call today for more information: 403-620-7851
marion@toesonthego.care • toesonthego.care

Did you know Gold Canyon Candles went out of business in March 2020? Sunset Scents is a new candle company that was formed by two former Gold Canyon executives who have over 20 years in the candle industry.

PSC Prairie Scented Candles

Sunset Scents a Ray of Fragrance

We are recreating your Gold Canyon favourites like Fall Leaves (aka Autumn Walk), Hot Apple Cider (aka Mulled Cider), Christmas Wreath (aka Holiday Wreath), Ginger Lime and many more!

prairiescentedcandles@gmail.com
www.prairiescentedcandles.com

Recipe of the month

Valentine's Day Brownies

3/4 c. unsalted butter
4 oz. unsweetened chocolate
4 oz. semisweet chocolate
1/2 c. all-purpose flour
1/2 c. unsweetened cocoa powder
3/4 tsp. salt

6 large eggs
1 c. granulated sugar
1 c. packed brown sugar
2 tsp. vanilla extract
vanilla frosting, for decorating

Total time: 40 mins. Yield: 16 servings

- Heat oven to 350°F. Line 13-inch by 9-inch pan with foil; grease foil.
- In 3-quart saucepan, melt butter and chocolates on low, stirring. Remove from heat.
- In bowl, whisk flour, cocoa and salt. In large bowl, with electric mixer on high speed, beat eggs until blended. Gradually add sugars; beat until tripled in volume, about 10 minutes.
- Fold in chocolate mixture and vanilla, then flour mixture. Pour into pan. Bake until toothpick inserted near centre comes out almost clean, 28 to 32 minutes.
- Once cool, cut brownies into hearts freehand or using a heart-shaped cookie cutter. (Tip: Don't let the trimmings go to waste - you can even crumble them onto a sundae!)
- Pipe on store-bought frosting to create cute chocolate "conversation hearts."

Source: www.goodhousekeeping.com

The Brenda Stafford Cambridge Foundation Manor



Opening June 2020

Introducing Cambridge Manor

The Brenda Stafford Foundation's newest seniors wellness community in University District, NW Calgary's newest urban neighbourhood.

- Assisted Living, Enhanced Care and Memory Care
- Respite Care short term stays available

403.536.8675 | cambridgemanor.ca

One solution for oxygen at home, away, and for travel

Introducing the INOGEN ONE - It's oxygen therapy on your terms

No more tanks to refill. No more deliveries. No more hassles with travel. The INOGEN ONE portable oxygen concentrator is designed to provide unparalleled freedom for oxygen therapy users. It's small, lightweight, clinically proven for stationary and portable use, during the day and at night, and can go virtually anywhere - even on most airlines. Inogen accepts Medicare and many private insurances!

Reclaim Your Freedom And Independence NOW!

Call Inogen Today To Request Your FREE Info Kit
1-888-998-6714

inogen

Love Coffee News?

Send a selfie of yourself with your weekly edition of the paper, and your picture may appear here!

Send your selfie to contests@coffee-news.ca
Please put "Readers" in the subject line.

Please include:
1 Your name
2 Your phone number and
3 Your address
so that we can send you some cool prizes if your photo is chosen to appear in the paper!

Coffee News Fun Reading. Serious Advertising.

Reader of the Month
Thomas Acheson • Calgary, AB

Prepare for unexpected power outages with a Generac home standby generator

REQUEST A FREE QUOTE!
888-688-0973

FREE 7-Year Extended Warranty*
An \$895 Value!

Offer valid December 15, 2020 - March 1, 2021

*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.

FREE! New Issue Every Week!

Coffee News

"News To Be Enjoyed Over Coffee"

West Central Calgary Edition
587-392-8086

www.coffee-news.ca

Vol. 11 No. 7 February 15, 2021

Everybody's Talking

Table for one: During the COVID-19 pandemic, social distancing has been the norm. That's why restaurants have closed in countries around the world. However, a Swedish couple decided to try their hand at offering a safe dining experience. Linda Karlsson and Rasmus Persson, from the rural village of Ransäter, opened Bord för en (which is Swedish for "table for one"). They set up a table in a field for one person to dine, and sent the food to the guest in a basket, via a rope from the kitchen to the table. They carefully sterilized the dishes and table before serving a diner with a vegetarian meal of three courses.

Cool cake: When Zahirah Macwilson and Aiman Hakim Redza got married, they wowed their guests by presenting a unique wedding cake. The Malaysian actors hired bakers to create a wedding cake that hung upside down from the ceiling to resemble a chandelier. The newlyweds stepped up onto a small stage to make the first cut. The cake was made by Lily & Lola Cakes in Kuala Lumpur. Owner Lily Osman got the idea to make such a cake a few years ago, but this was her first opportunity to actually do it. It took a week to make, and she needed help to install it from the ceiling of the wedding venue.

Fast food diet: Dieticians don't recommend the food choices of a Belgian man named Rudy Gybels. He realized that he had a love for fried potatoes when he was 13 years old. His mother allowed him to eat the fried food for dinner if he would agree to eat a healthy lunch. Over three decades later, Gybels is still eating fries for dinner, along with a Dutch hot dog called a fricadelle. The fast food lover is not overweight, and he feels healthy, but admits that he hasn't had a check-up for a while. He realizes that his diet isn't great, but he likes fries too much to give them up.

Moose rescue: Travis Burke and Greg Miller went fishing, a favourite activity among folks who live near the Canadian city of Sudbury, Ontario. On this outing, however, the pair did more than catch fish. They came across a very young baby moose that was shivering and alone. It was in the water and couldn't seem to get up onto the rocky shore. So Burke and Miller came to the rescue, guiding their boat to the baby and helping it onto land. Upon hearing the story, a wildlife expert believed the men did the right thing by leaving it there, saying that it was likely the mother would come back to find it.

Quoteable Quotes

"Forget the past and live in the present hour." —Sarah Knowles Bolton

"What delights us in the visible beauty is the invisible." —Marie von Ebner-Eschenbach

What's Happening

Jan 4 to Feb 20-Skate the Boulevard Grab your skates and join us for outdoor skating on The Boulevard at Deerfoot City's new synthetic skating rink! Drop-ins are welcome, but as the rink has limited capacity, booking a time slot is a good idea! <https://deerfootcity.simplybook.me/v2/book>

Feb 1 to 28-Hypothermic Half Marathon 10K Virtual event - participate from any location you choose! Run in support of Justsocks.ca - a volunteer operated charity providing new socks to those in need across Canada. www.hypothermichalf.com

Mar 10-Literacy for Life Neighbours Helping Neighbours. An online workshop via ZOOM Learn simple ways you can help build English skills for your new neighbours through everyday conversations and interactions. Contact info@litforlife.ca or call 403-650-5090 for more info

NON profit organizations may submit events for FREE at www.coffee-news.ca/whats-happening

Hidden Coffee News Guy ADVENTURE

Find the Coffee News Guy hidden in one of the ads, then enter to win!

\$400* Prize Package

Over 150 participating sponsors!
4 winners (\$100 each) will be drawn on the 15th of each month from all correct entries

To enter, visit www.coffee-news.ca

Submit your birth date and we'll send you a birthday card with valuable offers on your special day!

NEW FEATURE!

...or send your entry by snail mail to: CN Guy Contest, 9768 170 Street, Suite 303, Edmonton, AB T5T 5L4. Be certain to include your full name, complete mailing address (including postal code), phone number, email address and your birth date. Also include the name of the ad in which you found the hidden Coffee News Guy.

Trivia

1. What is an abacus?
2. The distinct flavour in Earl Grey tea is bergamot, cinnamon, or sage?
3. The largest part of the human brain is called the cerebrum or the cerebellum?
4. What plant is known for its stinging ability?
5. Who was the first woman to win the Nobel Prize, in 1903?

(Flip bottom of page for answers)
© Published with Permission by Calgary Coffee News

AFFORDABLE-EFFECTIVE-EXCLUSIVE-CALL NOW!

SkipTheBongShop

OPEN 7 DAYS A WEEK 10a - 10p

Calgary & Area 2HR DELIVERY

We Ship Canada Wide

SAVE 15% USING CODE: COFFEE15

Every \$3.51 You Give = 1 MEAL FOR A HOMELESS NEIGHBOUR

Give Hope. Give Today.
TheSeed.ca/donate

THE MUSTARD SEED

Can't get to your Coffee News® each week?

Check out our PDF editions online!
New editions are posted every Monday

Sign up here to receive email notifications of new editions.
Now you never have to miss your weekly dose of good news!

www.coffee-news.ca/editions

THIS SPACE FOR RENT

403-355-6316

Winter's On The Way...

Time to take care of your furnace and hot water tanks!

- Furnace Repair • Duct Cleaning
- Air Conditioning • Hot Water Tanks
- Air Filtration • Humidifiers

WE offer INSTALLATION and SERVICE

Call for your appointment: 403-764-3104

www.hogghomeservices.ca www.ecotechcalgary.com

Local Alberta companies helping Albertans

HELPING HOMEOWNERS START OR FINISH THEIR HOME PROJECTS

CALGARY HANDYMAN SERVICES

DRYWALL INSTALLATION
PAINTING BATHROOM RENOS
PLUMBING FLOORING
ELECTRICAL ...AND MORE!

CALL/TEXT TODAY: 403.852.7505
calgaryhandymanservices@telus.net

DHILLON LAW OFFICE

Kirin Dhillon, Barrister & Solicitor

- Family Law
- Criminal Law
- Real Estate
- Immigration Law
- Wills and Estates

403.815.9944

104-200 Country Hills Landing NW • kirin@dhillonlawoffice.com

We Keep Good Company

Improving the quality of life for seniors and those with disabilities through accompaniment and companionship, including transportation services

Driving Miss Daisy Seniors' Services
Accompanying you to a fuller life

1.877.613.2479
www.drivingmissdaisy.ca

